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Price reduced: €450.000 Ref: NV.GARDENS



Nice apartment in Capistrano Village. The apartment consists of 1 bedroom, bathroom, living room-kitchen and a nice terrace with sea views. Good location, very close parking space and also very close to the community pool, supermarket and the bus stop.. It has great rental potential.

Price: €196.000

Ref: NV97A



Pretty apartment in Capistrano Village. Comprising: 1 bedroom, bathroom and living/dining room leading onto the terrace with sea views. Parking place close by and the communal pool is also very close. The village has a supermarket, bus stop and various communal areas. Great rental potential!

Price: €159.000

Ref: NV.39B

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Ref: 75A



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Ref: NV.005



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Price: €186.000

Ref: NV.79B



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What roses really mean and why we give roses on Valentine's Day



In Victorian England, women's roles in society were limited by custom and norms. Within those structures, learning the language of flowers, the notion that each and every flower has its own meaning was one activity deemed domestically appropriate for them. And for ladies in that situation, its communicative possibilities also held an appeal that other domestic arts lacked; "the possibility that some women sought methods of covert communication and expression exists," Mary Brooks wrote in "Silent Needles, Speaking Flowers."

The early popularization of this practice is credited to Lady Mary Wortley Montagu, the wife of a British ambassador to Turkey in the 18th century. Enthralled by a Turkish version of flower language, Lady Montagu wrote a series of letters home to England in 1716. She described the Turkish tradition as a way of assigning meaning to objects in order to send secret love letters. Montagu's letters, published in 1763, wrote of her perceptions of this practice: "There is no colour, no flower, no weed, no fruit, herb, pebble, or feather that has not a verse belonging to it: and you may quarrel, reproach, or send letters of passion, friendship, without ever inking your fingers," she wrote.

But the Lady was actually incorrect in her interpretation. As Beverly Seaton explains in

The Language of

Flowers: a History, the Turkish flower language *sélam* (which means "hello" in Arabic) did not function the way Montagu understood. In *sélam*, "the significance of the objects is not symbolic, but relates to words that rhyme with the object's name," Seaton explained. There was no sentimentality surrounding the flowers themselves.

In spite of Montagu's misunderstanding, word of the concept spread. *Langage des fleurs*, a dictionary for the language of flowers by Charlotte de Latour, was published in France in 1819, a century after Montagu's discovery. Nine editions of the English translation of the book, which alphabetically defined each flower, were printed within three decades of its publication, according to *The Culture of Flowers* by Jack Goody. De Latour's translated *Language of Flowers* covered most popular flowers we buy, sell and give today, from the mistletoe's importance during Christmas to the musk rose's symbolization of "capricious beauty."

In de Latour's chapter on the rose, the flower is not only defined as meaning "love," but the plant itself is

romanticized. "Who that ever could sing has not sung the Rose! The poets have not exaggerated its beauty, or completed its panegyric," she wrote. Not that that stopped de Latour from attempting to add to the panegyric of the rose herself: "Nature seems to have exhausted all her skill in the freshness, the beauty of form, the fragrance, the delicate colour, and the gracefulness which she has bestowed upon the Rose," she wrote.

Throughout the 19th century, books about the language of flowers circulated throughout England. Prolific illustrator Kate Greenaway's book, published in 1884, accompanies Latour's definitions with drawings for children.

The trend took on a life of its own, spurring stories and poetry that pointed to the flower's lasting emotional power. Charlotte Elizabeth's *Floral biography: or, Chapters on flowers* (1848) was a meditation on the way the author's life could be categorized, in a way, by experiences with flowers. Elizabeth wrote of the way a rose brought her happiness during one New Year's celebration: "I know that, when our glasses were replenished, with orange wine, to drink a happy new-year all round, the Christmas rose which I held in my hand formed a portion of my new-year's happiness, by no means inconsiderable."

Sales of roses skyrocketed. Botanists throughout Victorian

England and France worked to develop new kinds of roses in the 19th century, says Stephen Scanniello, curator of the Peggy Rockefeller Rose Garden at the New York Botanical Garden. In the northeastern U.S., the American Beauty rose was spreading. This cultivar was reportedly shipped from New Jersey to Queen Victoria herself, Scanniello tells TIME. The American Beauty, dubbed the "millionaire's rose" for its expensive price point in the 1800s, is the variety of the flower we often purchase and send for Valentine's Day today.

Though it had been the Victorians who ingrained the rose's meaning into modern society, they weren't the first in history to assign symbolic meaning to objects found in nature. The language of flowers is merely one aspect of this larger phenomenon, says Amy King, an associate professor of English at St. John's University. "It's part of a yearning, I believe, to give language to the phenomenal world," King told TIME in an email. Today, this desire has not gone to the wayside. Though most of us are not fluent in the language of flowers, we still blush when we're sent a bouquet of roses.

To match a feeling of desire, the striking aesthetic beauty of the flower makes it an obvious choice, King posits: "Parts of nature that can so readily arrest our mental

attention, one might argue, are particularly suited to the expression of romance."

Beyond this fascination, the colour of the traditional rose may play an important role in its enduring relationship with love, argues Arielle Eckstut, the author of *The Secret Language of*



Continued in page 8



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 - Bedrooms : 4
 - Pool: Yes
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 - Views: Sea views
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- Ref.NTH032

Cómputa Price: 283.500€



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 - Pool: Yes
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 - Views: Mountain
 - Area: Countryhouse
- Ref. CP532

Nerja: Price: 399.000€



- Living space: 167m²
 - Bedrooms : 4
 - Pool: Yes
 - Garage: No
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 - Area: Townhouse
- Ref. NTH038

Torrox: Price: 259.000€



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- Ref. TAP368

Torrox Costa: Price: 220.000€



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 - Terrace: Yes
 - Bathrooms: 1
 - Views: Sea views
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Cómputa: Price: 190.000€



- Living space: 50m²
 - Bedrooms : 3
 - Pool: No
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Welcome to Streetwise magazine -

February is carnival month, these are spectacular events with incredible group costumes. The Nerja carnival will take place between the 27th February and the 2nd March, during these days there are several activities for all ages and the procession through the streets is amazing to watch.



We also celebrate the Dia de Andalucia on the 28th February. It's also the month of love, Valentines Day. To all the loved up couples, enjoy!

Dawn x



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Colour. A blush brings redness to the face in moments of attraction and desire. Connected to both sexuality and status, the power of the red is not exclusive to romance — it's also the colour of the Chinese New Year and green's companion on Christmas. It's the "most fundamental of colours," Eckstut tells TIME. Along with its red colour, the rose's shape and fragrance contribute to its beauty, Scanniello says.

Throughout the long history of floral definitions and despite Lady Montagu's misinterpretation one thing is certain. People from the archaic period to today have viewed flowers through a romantic lens. Even Greeks and Romans between the 4th and 5th Century BC, Scanniello explains, adorned themselves in rose garlands during wedding ceremonies. But can we blame them? "The beauty of flowers," Scanniello says, "definitely has created all the attention that the rose gets."



By Rachael Greenspan

Things that happened in February



1st February 1901. The royal yacht 'Alberta' brought the body of Queen Victoria into Portsmouth harbour en route to her funeral, which would take place in London the next day. She was 82.



2nd February 1665. British forces captured New Amsterdam, which was the centre of the Dutch colony in Manhattan, North America. After its capture, New Amsterdam was renamed 'New York' in honour of the Duke of York who was its new governor.

Continued on page 10



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Struggling with alcohol use?

February is the perfect time for a fresh start.

“ ”

As the initial excitement of the new year begins to settle, February offers a quieter, more introspective time to assess where you are and where you want to be. For many, the post-holiday period can bring a sense of relief; but also, it can bring a moment of clarity about personal habits, including alcohol consumption.

After the festivities of December and January, it's easy to slip into old patterns, especially when social settings continue to revolve around drinking. The temptation to maintain a "party mindset" can linger, and the weight of alcohol-related regrets or uncomfortable situations may only become more apparent when things calm down.

Are you finding it hard to stop now the holidays are behind you? Do you find yourself reaching for a drink even on days you swore you wouldn't? Do you experience moments of regret over your drinking? Have friends or family expressed concern about your alcohol use?

If any of this rings true, it's important to remember that **you are not alone**. For many, the idea of living without alcohol may seem daunting. Questions about how to socialise, relax, or even enjoy life without it are common.

Alcoholics Anonymous (AA) is one of the most effective resources for those seeking support. AA provides a welcoming, non-judgmental space where individuals can share their experiences, draw strength from one another, and discover that a life free from alcohol is not just possible; it can be incredibly rewarding.

Here, two members of AA share their stories of transformation:

"My name is Yasmine. I am 77 years old. Nothing could stop me drinking. My rock bottom came when I was arrested for drink-driving, and I had to appear in court. Can you imagine the shame! That's when I knew I had to do something. I called the AA helpline, I didn't know what to expect, but I felt relieved. There was an answer to my problem."

"Stop fighting it. Give AA a try"

That was almost 44 years ago. Life has been good and bad; I have experienced a lot in my recovery. To a newcomer I would say: Stop fighting it. Give AA a try."

“ ”

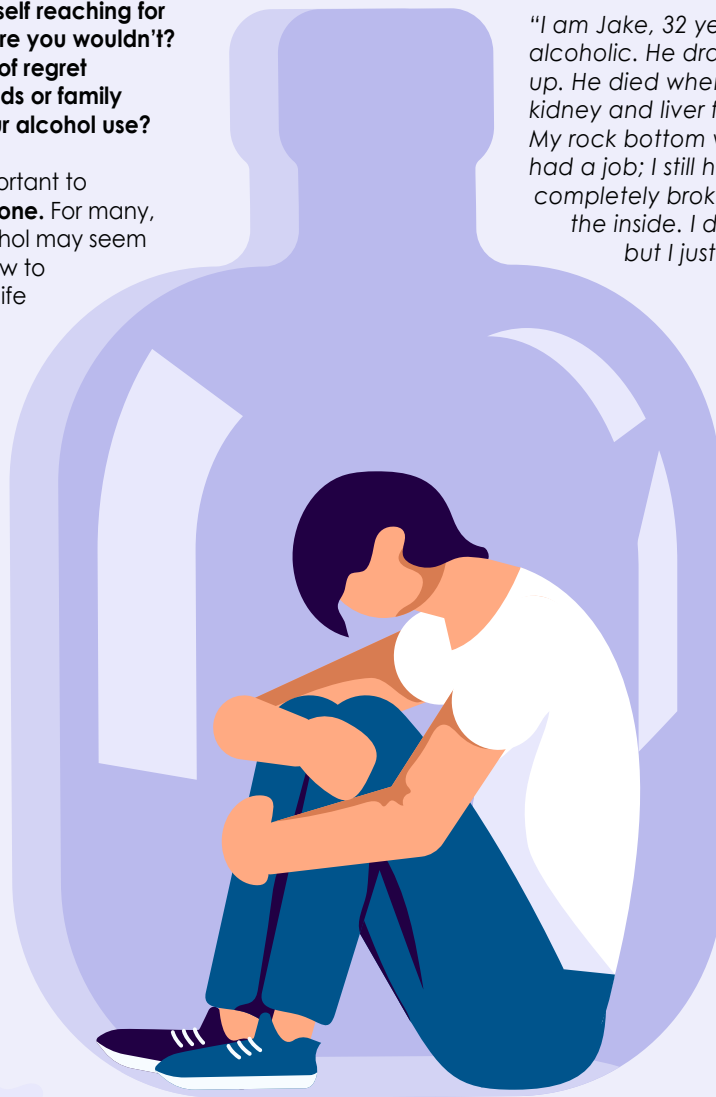
"I am Jake, 32 years old. My dad was an alcoholic. He drank a lot when I was growing up. He died when he was 48 with heart, kidney and liver failure due to alcoholism. My rock bottom was an emotional one. I still had a job; I still had a relationship, but I was completely broken and soul-destroyed on the inside. I didn't want to drink anymore but I just couldn't stop."

Life now is amazing. Life events still happen but the difference is now I can

"I didn't want to drink anymore but I just couldn't stop"

handle any situation no matter what it is, and I don't feel the urge or the need to

drink alcohol. If you are struggling with alcohol I would say: Please just ask for help. Reach out to someone in AA or call the helpline. You wouldn't believe how this can change your life."



There are meetings of Alcoholics Anonymous, with friendly people who will understand, held daily, throughout the Costa del Sol. Meetings are free to attend, and anyone who thinks they may have a problem with alcohol is welcome.

AA is located along the entire Costa del Sol and there is a meeting with friendly people who will understand your problems somewhere near you every day.

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6th February 1982. King George VI of England died, meaning his daughter Princess Elizabeth became Queen Elizabeth II. Though, her actual coronation took place on June 2nd 1953.



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4th February 2004. Mark Zuckerberg created the Facebook social media platform whilst he was a sophomore at Harvard. Zuckerberg had built Facebook to connect Harvard students with one another. By the next day, over a thousand people had registered, which was only the beginning. Today, Facebook has roughly 2.91 billion monthly users.

7th February 1301. King Edward I of England gave his son Edward (later King Edward II) the title of Prince of Wales. This followed the King's conquest of Wales in 1283 and the execution of David III, the last native Prince of Wales. The title 'Prince of Wales' remains to this day and is reserved exclusively for the heir apparent to the British throne.



8th February 1587. Mary Queen of Scots was beheaded for treason at Fotheringhay Castle. Before her execution, she had spent 19 years in prison for her role in the Babington Plot (a plan to murder her cousin Queen Elizabeth I of England).

Continued on page 12

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9th February 1964. Seventy-three million Americans tuned into the Ed Sullivan Show to watch four young men from Liverpool appear for the very first time – The Beatles. The musical group had grown out of a shared enthusiasm for American rock and roll.



11th February 1975. Margaret Thatcher became the first female leader of a major political party in the UK, as leader of the British Conservative Party. A few years later in 1979, Thatcher also became the first female prime minister of Britain, serving until 1990. Due to her uncompromising politics and leadership style, Thatcher became known as the 'Iron Lady'.



11th February 1990. Nelson Mandela was released from Victor Verster prison after being jailed for 27 years, aged 71. He was imprisoned for attempting to overthrow South Africa's apartheid rule. Four years after his release, he was inaugurated as South Africa's first democratically elected president. Mandela served one term as president before focusing on his work for the Nelson Mandela Children's Fund, the Nelson Mandela Foundation, and the Nelson Mandela Rhodes Foundation. Nelson Mandela died in 2013 and is remembered for his relentless fight for equality, and his work to combat poverty, AIDS, and HIV.

12th February 1554. At just 16 years old, Lady Jane Grey was beheaded at the Tower of London. Ruling for just nine days, Jane Grey is remembered in British history as the monarch with the shortest reign. Despite being fifth in line to the throne after the death of her cousin King Edward VI, Lady Jane was proclaimed Queen in an unsuccessful bid to prevent the accession of Catholic Mary Tudor.



Continued on page 16

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www.andalucianhomes.com



ARIES:- (March 21st - April 19th)

You need to be smart when dealing with people whose goals are at odds with your own. It is possible for both of you to succeed but that won't happen if you are spending more time trying to wreck their plans than you are promoting your own.

Luckiest day:- Tuesday

TAURUS:- (April 21st - May 21st)

You may have no choice but to confront someone with evidence of their wrongdoing this month but don't make too big a deal of it. If you let them off easily they will be in your debt, a debt that one day you may need them to pay.

Luckiest day:- Saturday

GEMINI:- (May 21st - June 20th)

Try not to attach too much importance to material things because the planets suggest you may have to give up something you have come to value in recent months. If that happens though there will be opportunities to replace it with something better later on.

Luckiest day:- Tuesday

CANCER:- (June 21st - July 22nd)

You don't have to be top dog every day of the week and if you allow a friend or co-worker to enjoy their moment in the spotlight they will reward you for it many times over in the weeks and months to come. Be generous in your praise.

Luckiest day:- Sunday

LEO:- (July 23rd to August 22nd)

If someone you thought you could rely on abandons you at the first sign of trouble today the situation may actually work in your favour. Better that they show their true colours now than later on when there is a lot more at stake.

Luckiest day:- Thursday

VIRGO:- (August 23rd - Sept. 22nd)

You need to let a colleague know that you do not approve of what they are up to, but don't make too big a thing of it. If they change their ways that's great – if not, let them know that your partnership will soon be coming an end.

Luckiest day:- Saturday

LIBRA:- (Sept. 24th - October 23rd)

The more someone flatters you this month the more sure you can be that they don't believe half of what they are saying. Those who support you the most don't need to make a big thing of their loyalty. Actions speak louder than words.

Luckiest day:- Monday

SCORPIO:- (Oct. 23rd - Nov. 22nd)

You may feel that you are being taken advantage of by someone who says all the right things but even if that is true you will still get out of the relationship more than you put in. For that reason alone don't be too eager to end it.

Luckiest day:- Friday

SAGITTARIUS:- (Nov. 23rd - Dec. 21st)

You are rarely subtle in the way you approach both personal and professional issues and your all-or-nothing attitude will pay dividends this month. Some people may end up feeling a bit emotionally bruised but that's their fault for being so thin-skinned.

Luckiest day:- Wednesday

CAPRICORN:- (Dec. 22nd - Jan. 20th)

If someone you have feelings for disappoints you this month you must not let it show. According to the planets they are doing their best and will do even better in the future if you encourage them privately rather than berate them publicly.

Luckiest day:- Sunday

AQUARIUS:- (Jan. 21st - Feb. 18th)

The planets warn you could go over the top a bit money-wise over the next month, so keep an eye on your spending and be aware that splashing out a few euros here and a few euros there can add up very quickly to a considerable sum.

Luckiest day:- Wednesday

PISCES:- (Feb. 19th - March 20th)

The creative gifts you were born with are supposed to be used to better both yourself and the world at large, so stop worrying that you are not as good as your rivals and put your talents on display. You will be both applauded and rewarded.

Luckiest day:- Monday

Horoscopes



Townhouse
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 Plaza Cantarero, Edf. Cantarero Bajo 1, Nerja, Málaga





14th February 1946. Scientists J. Presper Eckert and John W. Mauchly demonstrated the first general purpose electronic digital computer – called the Electronic Numerical Integrator and Computer – at the University of Pennsylvania.



15th February 399 B.C. Philosopher Socrates was sentenced to death in Athens after being accused of corrupting the minds of the youth in the city. Socrates is one of the most famous classical philosophers from Ancient Greece, known for tutoring figures like Plato and Xenophon. Socrates accepted his death sentence without resistance. It was custom at the time for those sentenced to death to be given an opportunity to flee into exile, but Socrates refused.



15th February 1965. Legendary singer and pianist Nat King Cole died in his sleep at St. John's hospital in Santa Monica, California, at the age of 45-years-old. He's thought to have suffered from lung cancer.

15th February 1971. Pennies, bobs, and half-crowns all disappeared as the first decimal coins were introduced in Britain. This huge change took the Decimal Currency Board five years to plan.

16th February 600. The Black Plague was sweeping through Europe and Pope Gregory the Great declared that the proper response to someone sneezing should be 'God Bless You'. He issued a papal edict that ordered everyone within earshot of a sneeze to immediately say the short, three word prayer asking God for his blessing upon the unfortunate person.



Continued on page 42

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What are the meanings of different coloured Roses?

Roses are the traditional gift given on Valentines Day, although they're certain to be well-received any time of year. But before you buy roses, know what message you're sending. The colour of a rose can have a very different meaning from what you intend.

Red Roses

Red roses declare "I love you." They are the ultimate symbol of romantic love and enduring passion. Florists can't keep up with Valentines Day demand for red roses, which makes them especially expensive in February.



Pale Pink Roses

Pale pink roses connote grace, gentleness, and gratitude.



Light Pink Roses

A delight to behold, light pink roses express fun and happiness.



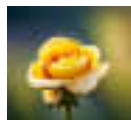
Deep Pink Roses

Deep pink roses say "Thank you." They have also come to be associated with the fight against breast cancer. Breast Cancer Awareness



Yellow Roses

Yellow roses indicate friendship and freedom, so don't send them if your intentions are romantic and long-lasting.



Lilac Roses

Lilac roses indicate the sender has fallen in love at first sight with the recipient and is enchanted.



White Roses

Pure white roses symbolize truth and innocence. They also send other messages: "I miss you" and "You're heavenly."



Peach Roses

Peach roses speak of appreciation and gratitude.



Coral Roses

Coral roses express one thing with their passionate colour: Desire.



Orange Roses

Orange roses communicate enthusiasm and desire on the part of the sender.



Dead Roses

Regardless of the original colour, dead roses say "It's over" loud and clear.

Combined Roses

Put two or more colours of roses together, and a new rose meaning arises:

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White & Yellow Roses

A symbol of harmony.



Red & Yellow Roses

A message of happiness and celebration.



Red & White Roses

An indication of bonding and harmony.



While roses are traditionally presented in bouquet form, these are also acceptable.



Single Red Rose

"I love you" (but I'm not going to go broke telling you).



Single Rose any colour

"I thank you" (and I'm still not going to go broke saying so).



Two Roses entwined

An engagement or marriage is imminent.



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Online video **Cómpeta** **Spectacular villa!**
 A unique opportunity to purchase a 4 bed, 2 bath villa (185m²) finished in a modern/rustic style. spacious outdoor terraces, large pool and exceptional sea, mountain and village views. A fantastic home or high quality rental property.
Price: 529.950 euros
 ref: v 1514 **EPC: E**

Canillas de Aceituno **Price reduced!**
 Quirky 2 bed, 1 bath fully furnished house (77.26m²), open plan living/dining/kitchen, cosy fee. Unique features, quaint front terrace, a place where modern and quirky mix perfectly, successful rental business, a unique must see property.
Prices from: 139,000 euros
 ref: t1317 **EPC: E**

Torre del Mar **New build!**
 New development of 6 apartments (84m² - 120m²) in central location. 2/3 beds, 2 bath, GF with pool. Close to all town amenities and the beach. Benefits from parking space and storage room.
Price: 289,950 euros
 ref:v1555 **EPC: C/B**

Cómpeta **Price reduced!**
 Fantastic & successful licenced B & B (296m²) with 8 letting rooms and independent apartment, beautiful communal sitting area with bar, roof terrace with sea and countryside views, central location and access by car.
Price: 405,000 euros
 ref:t1382 **EPC: In progress**

Salares **Characterful Property!**
 Beautifully renovated 2 bed, 1 bath townhouse (157m²), and an independent 1 bed, 1 bath guest house (129m²). With a stylish rustic feel, both houses benefit from the courtyard with above ground pool and wonderful views.
Price: 270,000 euros
 ref: v1553 **EPC: E**

Online video **Archéz** **Easy access!**
 Bright, modern 3 bed, 2 bath villa (161m²), open plan living/dining/kitchen, purpose built jacuzzi with fountain, fantastic outside space with fruit & olive trees, far reaching views, quiet location, accessed by part conc./part unmade track.
Price: 265,000 euros
 ref: v1552 **EPC: E**

The advertised prices include all of the seller costs including commissions. They do not include the buyers costs which can be between 10-13% of the advertised price, this includes notary and registration fees, purchase tax 7% and any mortgage set up costs.

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VSR4084 PUNTA LARA €340.000

Semi detached house, on 3 levels, 2 bedrooms, bathroom, plus a separate studio apartment, private roof terrace, sea views, bbq, communal pool, close to beach. Great rental potential.



VSR2169 JARDINES LA NORIA €299.000

Townhouse three bedrooms, air con, fully furnished, private terraces, communal pool and private parking.
10 minutes walk to town.



VSR2190 TORROX €129.000

Detached cortijo, one bedroom, lounge with log burner, shower room and a large private terrace. On a plot of 2,550m2, easy access, quiet location.

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The Costa Animal Society...

Benji

Benji and Betty were from a litter of pups that were dumped on the Costa Animal Society (CAS) doorsteps. Betty found a new home fairly quickly but perhaps due to Benji's timid nature or due to a stroke of bad luck he has remained in kennels, making him our longest resident. He was actually chosen for adoption at one time by a lady who lived in Jersey but could not travel to Spain because of the Covid outbreak. Unfortunately, during lockdown the lady changed her plans about moving to Spain and the adoption was never finalised. Benji is a medium size boy who comes below knee height and weighs about 20 kilos. He is a brindle coloured Staffy mix who is in good health and has been vaccinated and castrated. Benji loves to play with other dogs but would not be good with cats and he has a sweet but shy disposition.

Patch

Patch was rescued by the Costa Animal Society (CAS) back in February of 2020 as part of a litter of four pups who were living rough in a field near Hotel Caracoles on the Frigiliana to Torrox Road and they were placed into kennels just before the pandemic hit. These pups were about 6 months old at the time and were quite timid around people but it was clear they had some contact with humans when they were younger so it was thought they could be tamed with some patience. Over the next several months they began taking treats by hand and a CAS volunteer worked with them several times a week until they could be touched and handled. The patience and hard work paid off because two of Patch's siblings eventually found homes in the Netherlands and one found a home in Sweden but Patch is proving to be a more difficult case as she was the shyest of the litter. Unfortunately, despite being a sweet girl Patch has difficulty in trusting new people and she has lingered in kennels as one of the longest resident. She is now 3-4 years old and is in good health. Patch has trust issues but once she gets to know someone she is a lovely girl who has even learned a few tricks like giving high fives. She has been spayed and is fully vaccinated.

If you would like to meet Patch or Benji, please contact Seacrest Kennels on 711028847 or 646613885, or email us on costaanimalsociety@gmail.com You can find us on Facebook - Costa Animal Society CAS where there is more information.

You can also pop into our shop Mon – Sat, 10:00 – 14:00, where our staff will be willing to help.



Benji



Patch

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AXARQUIA ANIMAL RESCUE



Nancy and Oscar

Oscar and Nancy - We just wanted to remind you we are still waiting to be offered either a foster or forever home. We are brother & sister, Oscar & Nancy. We were born 5th October 2017 so we are now 7 years old. We are the happiest dogs you could ever meet. We have had 2 permanent homes within the same family, but because of family breakdowns we lost those homes and now we are living in kennels. All we want is a home with people who will love us and keep us safe and throw a ball for us to play. We want to stay together as we have never been apart and we get on so well with each other. We love to run and play ball. We are free of Leish and other Mediterranean diseases. We are simply happy healthy dogs looking for a loving home.

A vet said we are Pit Bull cross breed so any adopter would need to hold a ppp license. But we are NOT dangerous dogs, far from it, we love nothing more than a cuddle and we give great kisses and we have never shown any aggressive behaviour. If you can offer us a loving home or want more information please contact AAR at:-
axarquia-rescue@hotmail.com

AAR 2739 - Canela

This beautiful, little girl has certainly made herself at home after being found nervous and hungry in Riogordo. Taken to safety and lovingly fostered by one of our regular volunteers, she has settled quickly into family life. At only 7.5 kg, this little princess will make an



Canela

excellent addition to any family. She has had her first vet check and injections and seems to be very healthy considering how she was found. We are waiting for the results of her blood tests. If you're interested in adopting this beautiful 5 month old pup, please email axarquia-rescue@hotmail.com

Don't forget to join AAR on Teaming and donate 1 euro per month so AAR can keep helping dogs like Benny - click on the link and follow the instructions.

<https://>

www.teaming.netaxarquiaanimalrescue

Axarquia Animal Rescue

We at AAR are utterly dedicated to the charity we volunteer for and the animals we support; and even though we are crying out for funding we couldn't turn down this handsome senior. **Benny**, an eleven-year-old Mastin/Labrador cross came to us in a pitiful state. Not only had his owners left Spain without him, but they'd also neglected his care of easily treatable ailments, so the poor boy had a long list of expensive issues that needed urgent veterinary attention.

Thanks to all the hard work our funding so desperately needed, and to safe and settled in a foster home and many dogs out there that we simply funding and the foster families to care any way, AAR, and the dogs in our care, senior dogs, Benny loves nothing more to have a good sniff whilst on his walks. special someone to live his final years old, gentle giant who wants nothing to love him. For more information on



volunteers put into getting the extra wonderful donations, Benny is now being a model patient; but there are so can't help because we are crying out for for them. Please, if you could help us in would be eternally grateful. Like all than to flop in the sun and the chance He is house trained and looking for that with who doesn't want a puppy but an more than a slow meander and a family how to donate or foster, please visit our

website:- <https://www.axarquiaanimalrescue.com/index.php> or email axarquia-rescue@hotmail.com
For information on Benny (AAR 2768) please visit: <https://www.axarquiaanimalrescue.com/meetme.php?id=2768>

AAR 2769 - Canela

This absolutely cute as a button puppy will make someone a fantastic family pet. Lively and affectionate, she's settled so well with the other dogs in her foster home and is learning fast. At 8.3 kg and approximately 6 months old she won't take up much space, except on someone's lap for the necessary cuddles. She is happy and healthy, negative to all med diseases, passported and ready for local adoption or travel to Europe.



If you're interested, email axarquia-rescue@hotmail.com

AAR 2771 - Kate

Kate is a four month old mastin type puppy with a gentle soul and a loving nature. Kate has shown a remarkable ability to connect with people and animals alike. Her affectionate nature and her willingness to please has delighted her foster mum. Kate is now four months old and has been diligently training to walk on a lead, play fetch, come when called and is house trained. Kate is wonderful with children and looks for a forever home where she will be treated with loving kindness. She will grow to be large, needing plenty of outside space. Kate is ready to be adopted in Spain, the UK, or any EU country. Kate is the perfect pup to have at your side to give you lifelong loyalty and companionship. Contact us now at axarquia-rescue@hotmail.com



AAR 2770 - Billy

Billy the brave is a four month old mastin type puppy with a heart full of courage and a spirit of adventure. From the moment he was rescued, Billy has shown an incredible zest for life. His foster mum has been amazed by his eagerness to learn and his playful nature. Billy has been mastering the art of walking on a lead, playing fetch, and coming when called and is house trained. He loves to play with other animals including cats and likes children. After a busy day he is happy to settle down for cuddles. Billy is looking for a forever home where he can continue to explore the world around him, ideally with other animals. As a mastin type dog, Billy will grow to be large and will need plenty of outside space to run and play. He is ready to be adopted in Spain, the UK, or any EU country. If you're looking for a loyal, loving, and adventurous companion, Billy is the perfect pup for you. Adopt Billy and bring joy into your life. Email axarquia-rescue@hotmail.com for further photos and information.



AAR 2755 - Abby

I'm very friendly, love human attention, go easily into the car. I've started my vaccinations and I'm being treated for Leish at the moment. I'm a great dog who enjoys cuddles and craves for love. I am in foster home at the home with few dog siblings and cats too. I am learning to live with cats. My foster



parents are very patient with me and they teach me to walk on a lead when out with my siblings, play nicely. I do need my own home with other dogs for company, possibly cats too, even children and with someone who can give me all the training, care and love. I will reward them with loyalty and love. Please email for more info. axarquia-rescue@hotmail.com Also check our AAR Facebook page where my photos, videos and updates are posted on a regular basis.



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Dog Training with Karen

When it comes to dog training, it's important to get started early and be consistent. Training your dog isn't just about ensuring they do what you tell them to. Training can help make life healthier, happier and safer for your pet.

Follow these 5 golden rules to make dog training easy and fun.

1. Go at your dog's pace

You might think blocking out a 2-hour training session is the best way to train a dog quickly, but, just like humans, canines can only concentrate for so long. Training pushes your dog's mental abilities and it can be exhausting.

Break your trick and obedience training into short, regular sessions rather than pushing your dog for hours at a time. Too long a session and they may get tired, frustrated, bored and overwhelmed. Most importantly, they won't learn as efficiently.

Around 15 to 20 minutes every day broken into 5 minute blocks is plenty for young puppies, while a block of 15 to 20 minutes maximum in a day is enough for older dogs.

It can be a good idea to finish up each training session practicing a command your dog already knows, so they can end on a positive note.

2. Be consistent and patient

Don't give up on your dog just because they don't learn a new trick the first time around. Dogs learn at different speeds. If your dog is taking longer than you'd expect to pick up a new trick or behaviour, be patient and keep trying. Training is an ongoing practice that will require consistent effort from you every day. It's also essential to stay consistent with the commands or cues you're teaching your dog. If you sometimes tell them to 'lie down' and at other times tell them to 'get down off the sofa, this will confuse them. Pick one cue and stick to it. Similarly, don't use the same command or cue for different actions and make sure



By Karen Wallace

everyone in the household is using the same cues too.

3. Use (good) rewards

All training should be rewards-based. And the more your dog values the reward you give them during training, the more likely they are to repeat that behaviour.

For many dogs, this means special food treats, such as small pieces of cheese or meat. Just be sure to save these treats for dog training so they maintain their value.

If your dog isn't motivated by food you can use praise, affection or playtime as the reward for a job well done.

Even a good belly scratch will be enough if that's what your dog loves the most.

4. Set your dog up for success

You want your dog to succeed, so give them the best chance by making it easy for them to get it right. This means minimising distractions, especially when they're learning a new trick or command. Choose a quiet room in your house, without other people or animals, traffic noises or interesting smells to capture their attention. Make sure you (and the reward) are the most interesting things available during your session, so their attention doesn't wander.

5. Never punish

Training that involves punishing your dog for unwanted behaviour is not a good idea, and something that we at Dog School Nerja strongly oppose. Studies show that dog training



techniques such as this are stressful for dogs, and can cause more problems than they are trying to fix. You also run the risk of accidentally reinforcing unwanted behaviour. If your dog is barking excessively because they want attention and you yell at them to stop, you're giving them the outcome they wanted because any attention is better than no attention. So, they're likely to keep on barking. It's far more effective to reward them when they're quiet and simply ignore the barking.

You can get all the help you need at Dog School Nerja.

Check out the website for info on all our classes and private training, and join our Members Club for exclusive access to offers, training advice and tips, and all things dog!

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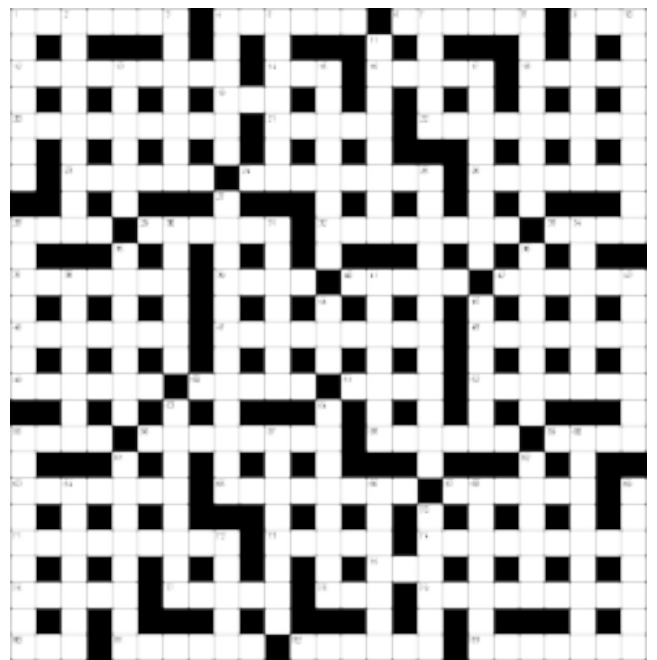
Across

1. The fifth planet (7)
4. Elevated (6)
6. Edge (6)
9. Consumed (3)
12. Algebraic symbols (9)
14. Edible tuber (3)
16. Notions (5)
18. Jumped (5)
19. Unwell (3)
20. Cut (9)
21. Fails to win (5)
22. Vitality (9)
23. Hinder (6)
24. Happened (8)
26. Illicit (7)
28. System of beliefs and rituals (4)
29. Buy from abroad (6)
32. Amulet (8)
33. Sort (4)
37. Perplexed (7)
39. Diplomacy (4)
40. Publish (5)
42. Profited (6)
46. Dried grapes (7)
47. Felons (9)
48. Number (7)
49. Bicycle for two (6)
50. Extreme happiness (5)
51. Particle (4)
52. Protected (7)
55. Yield (4)
56. Precise (8)
58. Airstrip (6)
59. Flows out (4)
63. Vegetable (7)

65. Pleads (8)
67. Chacma (6)
71. Predominant (9)
73. Proverb (5)
74. Innovation (9)
75. Lubricant (3)
76. Gemstones (5)
77. Tripod (5)
78. Stray (3)
79. Tremendous (9)
80. Japanese currency (3)
81. Spoke (6)
82. Creature (6)
83. Support (7)

Down

1. Field event (7)
2. Insular (9)
3. Associated (7)
4. Dwell (6)
5. Pastoral (7)
7. Greek letter (5)
8. Dependable (8)
9. Astounding (7)
10. Embroided (9)
11. Troubador (8)
13. Sudden (6)
15. Insect (8)
17. Oriental sword (8)
25. Expenditure (12)
27. Gardening (12)
28. Floor show (7)
30. Humble (6)
31. Plans (7)
34. Disregarded (7)
35. Asserted (7)



36. Porridge (7)
38. Pretended (7)
41. Disperse (7)
43. Deceives (7)
44. Atmosphere (3)
45. Mystery (6)
53. Agenda (8)
54. Drink (8)
55. Blare (9)
57. Really (8)

60. Handrail (9)
61. Type of monkey (8)
62. Part of the eye (6)
64. Haggle (7)
66. Proposition (7)
68. Go forward (7)
69. Flair (7)
70. Intentional (6)
72. Sample (5)



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Expat's Commitment to Expats in Costa del Sol.

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We are Expat Internet.

In recent years, many expatriates have felt a growing disconnect with traditional service providers. The lack of personalized support and understanding of their unique needs has left many feeling frustrated when trying to navigate contracts for essential services like internet and mobile plans. Language barriers often exacerbate these challenges, making it difficult for expats to find reliable assistance.

Recognizing this gap in the market, we founded Expat Internet with a clear mission: to restore that sense of closeness and community between service providers and expatriates. Our goal is to simplify the process of setting up home internet contracts and other essential services.

Our primary focus is on building relationships with our clients. We understand that moving to a new country can be overwhelming, and navigating the complexities of setting up internet and phone services should not add to that stress. We want to make the process as smooth as possible. Our team are fluent in English, which means we can communicate effectively with our clients and ensure that language is never a barrier.

At Expat Internet, we offer a comprehensive suite of services designed to meet the diverse needs of our clients. Our team understands the specific challenges faced by expatriates in Spain, and we are here to guide them every step of the way.

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In conclusion, Expat Internet is more than just a telecommunications provider; we are a partner for expatriates in Spain. Our dedication to personalized service and understanding of our clients' needs sets us apart from traditional operators. We invite all expats in the area to experience the difference with Expat Internet.

One of the cornerstones of our business is our commitment to exceptional customer service. We understand that questions and issues can arise at any time, which is why we are always available to assist you. Whether you have technical problems, billing inquiries, or questions about your contract, our team is just a phone call, email, or visit away.

We also recognize that technical issues can be frustrating, which is why we encourage our clients to visit our office for assistance. Our team is ready to troubleshoot any problems you may encounter, ensuring that you can get back to enjoying your services as quickly as possible.

We invite you to join the Expat Internet family and experience the difference for yourself. Whether you are looking to set up internet services in your new home, need assistance with your mobile plan, or simply want to chat about your options, we are here for you. Together, let's make your experience in Spain as enjoyable and connected as possible.

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Valentines Recipes



Steak Diane

Steak Diane

Serves:- 2

Ingredients:-

1 tbsp unsalted butter
 1/2 tbsp extra-virgin olive oil
 4 (3-ounce) beef tenderloin medallions, pounded 3/4-inch thick
 Kosher salt
 Freshly ground black pepper
 1 small shallot, minced
 1 garlic clove, minced
 1/4 pound button mushrooms, sliced
 1/4 cup brandy
 2 tsp Dijon mustard
 1/4 cup heavy cream
 2 tsp Worcestershire sauce
 1 tbsp finely chopped scallions
 1 tsp finely chopped fresh flat-leaf parsley
 Hot sauce, such as Tabasco

Preparation:-

In a large skillet, melt butter with olive oil. Season meat with salt and pepper to taste and cook over high heat until lightly browned on the bottom, about 1 minute. Turn medallions and cook for 45 seconds longer, then transfer to a plate and tent with foil.



Add shallot and garlic to skillet and cook over moderate heat, stirring, until fragrant, about 20 seconds. Add mushrooms, season with salt and pepper to taste, and cook until softened, about 2 minutes.

Remove pan from heat, add Cognac, and carefully ignite it with a long match.

When flames die down, add mustard and cream and stir over moderate heat for 1 minute.

Whisk the Worcestershire sauce, scallions, and parsley; season with salt, pepper, and hot sauce to taste.

Add meat and any accumulated juices to saucepan and turn to coat. Simmer until heated through, about 1 minute. Transfer meat to plates, spoon sauce on top, and serve.



Panna Cotta

Panna Cotta

Serves:- 6

Ingredients:-

1 (1/4oz.) packet unflavoured gelatine
 1 1/4 cups half-and-half, divided
 1/2 cup granulated sugar
 1/4 tsp. kosher salt
 1 3/4 cups heavy cream
 1 1/2 tsp. vanilla bean paste
 1 cup seedless raspberry jam
 2 tbsp orange liqueur or fresh orange juice
 Fresh raspberries, to serve

Preparation:-

In a small bowl, sprinkle the gelatine over 1/4 cup of the half-and-half. Allow the gelatine to soften for 10 minutes.

In a medium saucepan, combine the remaining 1 cup of half and half, sugar, and salt. Whisk the mixture over medium-low heat until steaming. Add the gelatine and continue to whisk, careful not to boil the mixture, until the gelatine and sugar are dissolved.

Remove the mixture from the heat and whisk in the heavy cream and vanilla bean paste.

Place 6 (6oz.) ramekins on a baking sheet. Divide the cream mixture among the ramekins, using a ladle or spoon so that the vanilla bean paste is evenly distributed. Place a large sheet of plastic wrap over the baking sheet, careful not to let the plastic touch the cream.

Refrigerate for 6 hours or overnight.

In a medium microwave safe bowl or glass measuring cup, combine the raspberry jam, 3 tablespoons of water, and orange liqueur or orange juice. Microwave in 10 second



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increments until smooth and well combined. Allow to cool before using.
Fill a dish with hot water. Using a small knife, loosen the top edges of the panna cotta from the ramekin, careful not to cut into the custard. Dip the ramekin up to its rim into the bowl of water for about 3 seconds. Invert onto a serving plate.

To serve: Spoon the raspberry mixture over each serving of panna cotta. Top with fresh raspberries. Serve immediately.



Eclair Cake

Eclair Cake

Serves:- 12 to 16

Ingredients:-

3 cups heavy whipping cream, divided
1 (14oz.) can sweetened condensed milk, divided
3 cups whole milk
2 (3.4oz.) boxes instant vanilla pudding mix
2 tsp vanilla bean paste
1 (14.4oz.) box graham crackers
8 oz. semisweet chocolate bars, finely chopped

Preparation:-

In a large bowl, use a hand mixer to whip together 2 cups of the heavy whipping cream and 1/3 cup of the sweetened condensed milk on high, beating until firm peaks form. In another large bowl, whisk together the milk, pudding mixes, vanilla bean paste, and the remaining sweetened condensed milk. Fold the whipped cream into the pudding mixture in 3 additions.

In a 13 by 9 inch glass baking dish, place a layer of graham crackers, breaking up crackers as needed to fill in any gaps. Spread half of the pudding mixture in an even layer on top of the graham crackers. Add another layer of graham crackers. Top with the remaining pudding mixture. Top with a final layer of graham crackers, cover, and refrigerate until chilled, 30 minutes.

Place the chocolate in a medium heatproof bowl. In a large glass measuring cup or another medium bowl, microwave the remaining 1 cup of heavy whipping cream until steaming, 45 seconds to 1 minute. Immediately pour the warm cream over the chocolate and allow to sit for 1 minute before whisking until smooth.

Pour the ganache over the chilled cake, smoothing with a spatula. Using a spoon, create a swooping effect in the chocolate, if desired. Cover and refrigerate until chilled and set, at least 4 hours or overnight.

Smoked Salmon & Shrimp Salad

Serves:- 4

Ingredients:-

4 slices smoked salmon
20 shrimp cooked, peeled with tails in tack
3 Cups mixed salad greens
Juice from 2 limes divided
Grated lime zest from 2 limes divided
2 tbsp honey

4 tbsp Olive Oil
Salt and pepper to taste
1 1/2 tsp fresh ground ginger
1/2 cup Greek yogurt

Preparation:-

First make the vinaigrette dressing by adding the olive oil, lime juice, honey, ginger, grated lime zest and olive oil in a medium bowl.

Whisk together until all ingredients are combined. Set aside.

In a small bowl add the Greek yogurt, 1 teaspoon of lime juice and 1 teaspoon of lime zest. Stir to combine and set aside.

Place a piece of smoked salmon on each plate. Arrange around the outside of the salmon 5 shrimps on each plate. To make it look pretty you can arrange them so that one tail is facing in and the other out, in alternating order around the salmon. Add about a teaspoon of the yogurt dressing in the middle of each piece of salmon.

In a large bowl, add the salad leaves and pour over dressing and coat well. Then serve a small amount of salad leaves over the salmon. Do this for each plate until they are all done. You should now have dressing left in your bowl. Drizzle a little over each plate and top with a tiny amount of the leftover Greek yogurt mixture. Serve immediately.



Smoked Salmon and Shrimp Salad



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Gentle Exercise Routine for People with Chronic Pain Table of Contents



Chronic pain is a condition that affects millions of people around the world, making their daily activities difficult and limiting their quality of life. For those who suffer from chronic pain, gentle exercise is an effective tool to improve mobility, reduce stiffness and strengthen the body without causing additional discomfort. An adapted and personalized exercise routine is essential for people with chronic pain to be able to perform physical activity safely and without aggravating their symptoms. Through gentle and progressive exercises, it is possible to relieve pain and strengthen the body for a fuller life.

Benefits of gentle exercises for chronic pain

Gentle exercise is especially beneficial for people with chronic pain due to its positive effects on the body and mind:

- Improves circulation and reduces muscle stiffness.
- Increases mobility and flexibility in the joints, which relieves pain and improves range of motion.
- Strengthens the muscles, providing better support to the skeleton and helping to reduce pressure on the affected areas.
- Releases endorphins, which are natural painkillers that improve mood and help reduce the perception of pain.

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9:15H	TORONDO PLATO	YOGA PLATO	TORONDO PLATO	TORONDO PLATO	YOGA PLATO	TORONDO PLATO
10:30H	TORONDO PLATO*** preparacion	TORONDO PLATO	TORONDO PLATO*** preparacion	PLATO	TORONDO PLATO*** preparacion	
11:30H	TORONDO YOGA	TORONDO YOGA*** preparacion	TORONDO YOGA	TORONDO YOGA*** preparacion		
17:00H	TORONDO PLATO	TORONDO PLATO	TORONDO PLATO	TORONDO PLATO	CLASE PRIVADA - COR-REDONDA	
18:00H	TORONDO PLATO*** preparacion	TORONDO PLATO*** preparacion	TORONDO PLATO*** preparacion	TORONDO PLATO*** preparacion	CLASE PRIVADA - COR-REDONDA	
19:00H	TORONDO PLATO FORTALEZA	TORONDO PLATO	YOGA 08:00-09:00H*** preparacion	TORONDO PLATO FORTALEZA	TORONDO PLATO	CLASE PRIVADA - COR-REDONDA
20:00H	TORONDO YOGA	TORONDO YOGA 09:00-10:00H preparacion	TORONDO YOGA	TORONDO YOGA 10:00-11:00H preparacion	CLASE PRIVADA - COR-REDONDA	

Precautions before starting the routine

Before starting any exercise routine, it is important to consider certain precautions to avoid additional discomfort:

Consult a health professional: it is essential to have the support of a physiotherapist or doctor who can help you adapt the exercises to your individual needs.

- Warm up beforehand: a proper warm-up is essential to prepare the muscles and joints.
- Respect your limits: if you feel pain during an exercise, stop and reduce the intensity. It is important to avoid any movement that causes discomfort.

Recommended exercises for people with chronic pain

We recommend gentle, low-impact exercises that help relieve pain without overloading the body.

Below is an exercise routine that you can do at home:

Neck rotation:

- Sit comfortably with your back straight. Slowly turn your head to the right and hold for 5 seconds. Return to centre and repeat on the left side. Perform 5 repetitions on each side to relieve tension in the neck and shoulders.

Shoulder stretch:

- Bring your right arm toward your chest and hold your elbow with your left hand, gently pushing toward the opposite shoulder. Hold for 10-15 seconds and repeat with the other arm. This exercise helps reduce tension in the shoulders and improve mobility.

Lower back stretch:

- Lie on your back with your knees bent and feet flat on the floor. Bring one knee toward your chest and gently hug it. Hold for 10-15 seconds and switch legs. Repeat 3-5 times with each leg to reduce stiffness in the lower back.

Leg raises:

- Lie on your side and raise your top leg, keeping it straight. Slowly lower and repeat 10 times. Switch sides and do the exercise with the other leg. This movement strengthens the muscles in your legs and reduces pressure on your joints.

Gentle marching in place:

- Stand upright and lift your knees alternately as if you were marching in place. Perform the exercise for 1-2 minutes. This exercise activates circulation and helps warm up your muscles without impacting your joints.

Back stretch with child's pose:

- Kneel on the floor and sit on your heels. Extend your arms forward and lower your torso until your forehead touches the floor. Hold this position for 20-30 seconds. This stretch is ideal for relieving tension in your back and neck.

Breathing and relaxation strategies to relieve pain

In addition to physical exercises, we recommend practicing breathing and relaxation techniques to reduce the perception of pain and improve your mood.

Diaphragmatic breathing, for example, helps relax the body and reduce muscle tension.

To practice it:

- Place one hand on your abdomen and breathe deeply, allowing the air to fill your abdomen and not just your chest.
- Exhale slowly, allowing your abdomen to sink.



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Perform this breathing exercise for a few minutes at the end of your routine to end in a calm state.

Comprehensive approach to chronic pain

Treating chronic pain involves much more than gentle exercise. We offer a comprehensive approach that includes herbal medicine to reduce inflammation, integrative physical therapy techniques to improve mobility, and lifestyle recommendations to minimize factors that contribute to pain.

In addition, we promote stress management through relaxation and breathing practices at our centre, as stress can intensify chronic pain. Our holistic approach allows each person to receive treatment tailored to their needs, promoting physical and emotional well-being.

Gentle exercise is a powerful tool for those suffering from chronic pain. Through an adapted routine, it is possible to improve mobility, reduce stiffness, and relieve pain naturally. Our comprehensive treatment combines specific exercises, physical therapy, and relaxation techniques to help manage chronic pain effectively.

If you want to improve your quality of life with a safe and personalized approach, we invite you to learn about our patient-focused programs, designed to help you find relief and regain mobility in your daily life.

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OBESITY - The on going struggle!

In the ongoing struggle against obesity, individuals often find themselves grappling with an internal war—a complex battle waged within the recesses of their minds. Every day, people fight a complex battle within their minds, wrestling with an unrelenting hunger after a hearty meal, succumbing to cravings for fried chicken or gummy bears.

These personal narratives echo the challenges faced by a substantial portion of adults grappling with obesity—a condition we, in the medical field, have come to recognize as a disease. Over the years, debates have raged about the root causes, spanning genetic predispositions, lifestyle choices, and the omnipresence of carbohydrates and ultra-processed foods. Traditional solutions, anchored in self-discipline and a simplistic "eat less, move more" mantra, often yield disheartening results.

Yet, a beacon of hope emerges in the form of brain-based therapies—a frontier I, as a physician, find both promising and controversial. From drugs meticulously designed to target reward and appetite centres to deep brain stimulation, a ground breaking intervention aiming to reset neural circuits, these treatments embody a paradigm shift. While debates persist, encompassing concerns about cost, side effects, and the potential to divert focus from lifestyle changes, there's a resounding agreement among my peers—a critical organ has been overlooked in our battle against obesity, and that organ is the brain.

Obesity



As a doctor, I increasingly recognize that obesity likely involves a disruption within the very machinery of the brain. Our brains, akin to ceaselessly humming machines, interpret signals from the gut, hormones, and the environment to regulate hunger, assess the impact of food, and maintain energy balance. Research unveils malfunctioning circuits and pathways in individuals with obesity—impaired dopamine receptors, disrupted gut-brain signalling, and muted responses to meals.

The question persists: What triggers these malfunctions within the intricate

network of the brain? Genetics play a role, undoubtedly, accounting for a significant portion of the variability in body mass index. However, it falls short of explaining the surge in obesity witnessed over recent decades. Enter the changing landscape of our food supply, now dominated by ultra-processed foods constituting 60% of our diet—a significant contributing factor. These foods, laden with additives and artificial components, may disrupt the delicate balance of gut-brain signalling, leading to overconsumption.

Continued on page 38

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In my experience, patients are turning to brain-based therapies with encouraging outcomes. Medications influencing hormones related to cravings and surgical interventions to modulate brain circuits are becoming integral components of the evolving obesity treatment landscape. Success stories resonate within my clinic, underscoring the potential of these approaches to effect meaningful change.

As the medical community continues to navigate neurological frontiers, it becomes evident that a nuanced understanding is imperative. Addressing obesity requires acknowledging the intricate role of the brain in appetite regulation and weight management. Patients traversing these innovative therapies embody a shift towards a holistic approach—a recognition of the multifaceted nature of obesity and a commitment to lasting, albeit delicate, remission.

**Dr. Paula Anthony,
Clinica Sta.Cecilia,
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Zucchini Smoothie

Serves:- 1

Calories:- 118

Ingredients:-

- ½ cup ice cubes, or as needed (Optional)
- ½ zucchini, shredded
- ½ frozen banana
- ½ cup orange juice

Preparation:-

Combine ice cubes, zucchini, banana, and orange juice in a blender. Blend until smooth.

Tips:-

Using overripe or dark green zucchini will make this smoothie not so yummy.



Mark Shurey D.O.

Osteopath



Consultations: Mon/Wed/Fri
Contact: 618 994 590

Calle Antonio Ferrandiz "Chanquete" 16, Edif. Vegamar.
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It can be fantastic news it can also be very scary if you don't know how the system works...

A few pointers .

Plan for discharge as soon as they go in- easier if it's a planned admission. If you need equipment source it at the start (often walking frames and wheel chairs are on prescription)..
.but you have to ASK.

Discharge after an emergency admission can be much more difficult as often after getting out of bed for the first time the patient is discharged home,
(even if they didn't get out of bed under their own steam!).

If you don't live alone the partner is expected to take on the caring role. (The fact that they might have chronic health problems themselves isn't factored into the hospital departure process).

The patient is discharged home (ok ,you have 3 flights of stairs and your loved one can't walk... no problem the ambulance crew will get them up there). After the initial joy of unity fades reality kicks in and the 3rd floor prison becomes a very lonely place.
wheel chair won't go through the bathroom door...

Advice from the UK..." contact Social Services"... (If you are lucky there will be an assessment in a year or two and you could get a cleaner for an hour or two but nothing promised).

Need Help - contact the English Nurse Care Team.

We may well know what you need to know.

Tel:- Liz on 692 419 548.



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Respite at home - House keeping
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Sarah Lazenby is a UK trained Senior Physiotherapist who works at Jubilee House, using her expertise in elderly rehabilitation and falls prevention to increase the independence of the clients. She provides holistic and individualised treatment using her broad knowledge of musculoskeletal and neurologic conditions.

Tel:- 951 55 05 81 / Mobile:- 692 419 548

englishnurse@rocketmail.com

www.englishnurse.net



18th February 1979. Snow fell in low altitude areas of the Sahara desert for the first time in living memory during a 30 minute snow storm. Following this, the Sahara didn't see snowfall again until 2016 (37 years later).



21st February 1804. British engineer Richard Trevithick demonstrated the first high-pressure steam engine and the first working railway steam locomotive. The Penydarren made three journeys between the Penydarren ironworks near Merthyr Tydfil in Wales and the Merthyr-Cardiff Canal. However, the seven ton locomotive was so heavy that it broke the rails on every trip and the project was abandoned.



24th February 1981. Prince Charles announced his engagement to Lady Diana Spencer after he had proposed three weeks earlier at Buckingham Palace. The couple married later that year on 29th July.



26th February 1797. The Bank of England issued the first ever one pound note. The one pound note continued to be printed until 1984, before it was withdrawn in 1988 in favour of the one pound coin.



26th February 1848. The Communist Manifesto pamphlet was published by two young socialists, Karl Marx and Friedrich Engels. The pamphlet advocated the abolition of all private property and a system in which workers owned all means of production, factories, land, and machinery. The Communist Manifesto predicted revolution throughout Europe, and in the 20th century the world began witnessing the rise of dictators like Vladimir Lenin, Joseph Stalin, and Mao Zedong. By 1950 nearly half of the world's population lived under Marxist governments.



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Avda. Victoria Kent 3A, Torre del Mar

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Lessaggo – 95 252 4699

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Axarquia Animal Rescue
email:- axarquia-rescue@hotmail.com

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689 111 352 Almuñecar/Salobreña

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Cudeca – 95 256 4910

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Lux Mundi – 95 254 3334

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Maro

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Country Properties - 95 251 6178 /

95 253 9125 / 95 254 1886

Plaza Almijara 21, Còmpeta

C/. Elisa Ortigosa 7, Torrox

Avda. Andalucia 32B, Torre del Mar

Juan Garrido – 95 252 3699

Plaza Cantarero, Edif. Cantarero

bajo 1, Nerja

Nerja Property Services –

95 252 0343

Rosaríco la Joaquin 18, Frigiliana

Nerja Villas – 95 252 3853

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Torrox Costa

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Avda. Andalucia 65c, Torre del Mar

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Avda. de Andalucia 187, Caleta de

Vélez

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Málaga

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C/. Los Prados 4, Torre del Mar

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Heiko by Heiko 95 296 7923
Avda. Andalucia 119, Torre del Mar
Nerja Vision – 95 252 3911
Avda. Castilla Pérez 3, Nerja
Nueva Optica – 95 2525 5876
Avda. Pescia 18, Nerja

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Avda. Castilla Pérez 14, Nerja
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Guardia Civil 062
Ambulance 061
Fire Brigade 080
National Police 091
Sea Rescue 900 202 202
Emergency / Helpline in
English 902 102 112

Guardia Civil

Frigiliana-952 533 003
La Herradura-958 640 015
Nerja-952 520 091
Torrox-952 538 008

Local Police

Frigiliana-952 533 126
Nerja-952 521 545
Torrox-952 539 828
Torre del Mar-952 549 238

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Almuñecar-958 630 140
Málaga-952 350 061
Nerja-952 521 504
Torre del Mar-952 540 936
Vélez Málaga-
952 501 731

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/ 670 995 257
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Granada-958 245 200
Málaga-952 048 804

Train Stations

Granada-958 271 272
Málaga-952 239 261

Consulates

Belgium-952 599 159
Denmark-952 211 797
France-952 226 590
Germany-952 363 591
Ireland-952 475 108
Sweden-952 604 383
UK-902 109 356 /
913 342 194

Tourist Offices

Frigiliana-952 534 261
La Herradura-958 610 314
Nerja-952 521 531
Torrox Costa-952 532 155

Street Markets

Monday - Torrox Costa
Tuesday - Nerja,

Salobreña
Wednesday -
Algarrobo Costa,
Rincon de la Victoria
Thursday - Frigiliana,
Torre del Mar -
Friday Almuñecar,
La Herradura -
(summer only)
Saturday - Cómpeta
Sunday - Nerja (car boot),
Vélez Málaga

Town Halls

Frigiliana-952 533 002
La Herradura-958 827 794
La Herradura Foreign
Residents-958 838 618
Nerja-952 548 400
Nerja Foreign
Residents-952 548 401
Torrox Pueblo-
952 538 200
Torrox Costa-952 538 010

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Motril-958 603 506
Nerja Ambulatorio-
951 289 662
Vélez Málaga-
951 067 000
Carlos Haya-951 290 000

Church Services

Anglican Church of Nerja & Almuñecar Iglesia de San Miguel (St. Michaels Church), Nerja. Tel:- 952 52 1 339.
www.nerjaalmunecaranglican-church.co.uk
Sundays at 12 noon and Capilla de Nuestra Señora del Carmen (Fishersman Chapel), Chinasol, Almuñecar, Sundays at 9.30am.
Chaplain:- Fr. Nigel Thomas.

Community Bible Fellowship

Calle Pintada 35, 2nd floor, Nerja. Tel: 952 521 776. English/Spanish service Sundays at 10am. El Salvador, Balcon de Europa, Nerja.
Tel: 952 52 0291. Mass times, English and Spanish Sundays 10.30am, 12 noon and 8pm.
Parish priest: Father José Maria.

Presbyterian Church, Torre del Mar

We now meet at Legends Bar, Calle Pintor Cipriano Maldonado 9, Torre del Mar. The contact is Bill Bedford, tel no 694 471 005. On the first Sunday of the month we meet at 10.30am for Communion/ Breakfast, on the other Sundays we meet at 11.00 am.

New Life Church

Whether you live in Nerja or are visiting our area, you are very welcome to come and join us at our Sunday gathering. Join us for a time of Holy Spirit led worship and experience the presence of our God. Our teaching is Bible based as we honour God and obey His Word. During this time of uncertainty, God's Word reminds us that the Gospel shines brightest in times of darkness. Our service lasts for about an hour and half. With tea and coffee afterwards.

Jesus said, "I am the Way and the Truth and the Life. No one comes to the Father except through me".
John 14:6
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Prayer Meetings Wednesdays 11.00 a.m
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Email: info@nlcnerja.com
Website: www.nlcnerja.com
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Lux Mundi centre, Torre del Mar -

St. Barnabas IERE (Anglican), Torre del Mar Every Saturday at 17.00. Tel: 952 543 334. - Morning prayer 1st Sunday, Holy Communion 2nd, 3rd and 4th at 11 a.m. Tel: 657286284
Tel: 952 030 461. www.stbarnabas-spain.com.

The Anglican Church of St. George, Málaga

Holy Communion or Morning Prayer. Sunday Mornings at 11am in the English Cemetery, Avenida de Pries 1, Málaga.
Vélez Málaga, Holy Communion or Morning Prayer. Sunday mornings at 10.30 a.m. in the Antigua Capella de San José, Calle Linares 7, Vélez Málaga.
Chaplain: Fr. Louis Durrant, Tel: 630 909 131
Email: info@stgeorgemalaga.org or contact one of the chaplaincy wardens. More information can be found at: www.stgeorgemalaga.org

Evangelical Church, Torre del Mar

Sundays at 11.30am, worship in English, Calle Solera 2, Local 2, 29740 Torre del Mar (across the street from the Bus Station) in the Violin Shop.
Tel: 634 540 519.
Minister Rev. Colin Dickson. Tel: 654 884 658



NEWS & What's ON

Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1ªIª, (Jardines Viña Málaga/Antigua Casa de la Viña), Torre del Mar, 29740. Opening hours mornings only Wednesday and Friday 10.00 till 13.00 For further information please contact the Centre, Torre del Mar Tel. 952 543 334 E-mail: luxmundi@lux-mundi.org

LUX MUNDI, TORRE DEL MAR FEBRUARY COMING EVENTS & EXCURSION

We continue our regular activities: Spanish practice groups (limited numbers per group) Wednesday and Friday. Time 10.00 to 13.00.

Every Wednesday - The art group, along with the crochet and craft group meet at the Centre to share knowledge and develop new techniques. It is a very active group and all are welcome. Time 10.00 to 13.00.

Our shop will be open Wednesdays and Fridays. Offers a good selection of Household goods, autumn and winter clothes, shoes, handbags and fashion accessories at very good prices. Donations in good conditions are always welcome. Time 10.00 to 13.00.

Every Thursday Spanglish - General conversation between Spanish and English friends. Time 16.30 to 17.30.

Every Friday - Conversation group. Time 10.00 to 11.00. A donation of 3 Euros per session to support the Centre.

Every Friday - Coffee morning. Come and meet friends and relax in our beautiful garden. Time 10.00 to 13.00.

Every Saturday - Catholic Mass in English in the Lux Mundi Centre. Time 16.00.

Monday 10th February - Monday Club. This is a New Venture and all are welcome to come to the Centre, make new friends, have a chat and maybe play a few board or card games. Refreshments available to purchase. Afterwards you may like to join Lux Mundi for the monthly lunch, which is held every second Monday at various local restaurants. Time 11.00 to 13.30.

Thursday 20th February - Excursion to Salobreña Castle and Motril Rum Factory. Please come and enjoy a day out with friends. You will arrive in Salobreña at approx. 09.55 where there will be a 3 hour guided tour, in English of the castle and old town. It should be noted that walk will entail some steep incline, so please wear sturdy footwear. After the tour there will be free time to have lunch. You will re-join the coach at 15.30 for the short drive to Ron Montero on the coast not far from Motril. Here

there will be a talk in English, explaining how Rum is made and you will be able to purchase their products. After the talk you will once again board the coach at 17.00 and weather permitting stop for a 30 minute tea/coffee break in the restaurant at Cerro Gordo, which has a beautiful view over the sea. The arrival time back in Torre del Mar will be 19.00 approx. Ticket price: 26 euros with a Friends card and 30 euros for visitors. (Insurance included). Departure times: Torre del Mar (Bus Station) 08.45, Caleta (Opposite the Vets) 08.55, Algarrobo (Lidl) 09.00.

Friday 21st February - Taizé Prayer for Unity at St Andrés Church Torre del Mar. Time after the Mass.

Friday 28th February - The Centre will be closed for Dia de Andalucia celebrations.

COMING EXCURSIONS

Thursday 6th March - Excursion to see the Almond Blossom in the Alpujarras.

Friday 28th or Saturday 29th March - Joseph and his Technicolor Dreamcoat. Theatre Fuengirola. Date to be confirmed

Phoenix Club

The Phoenix Social Club is open to all nationalities but the lingua franca is English. We offer an opportunity to make friends, help each other & share information but primarily to have fun in a friendly and inclusive association.

You do not have to be a member to join us on our trips.

Our handmade greetings cards are for sale weekly with all proceeds to the Red Cross.

We meet every Thursday between 12 and 2 pm at Chine in Caleta, just off the coast road to/from Algarrobo.

Trips/Events February - all trips/events include a drivers gratuity

Tuesday 4th - Trip to Gib €22pp

Friday 21st - A visit to Estepona Market and Orchid House €24

For further information on any of our trips, please contact Gail on 951 067 723 or 626 370 695 (Whatsapp) or email phoenixsocialclub@yahoo.co.uk or check out our FB page.



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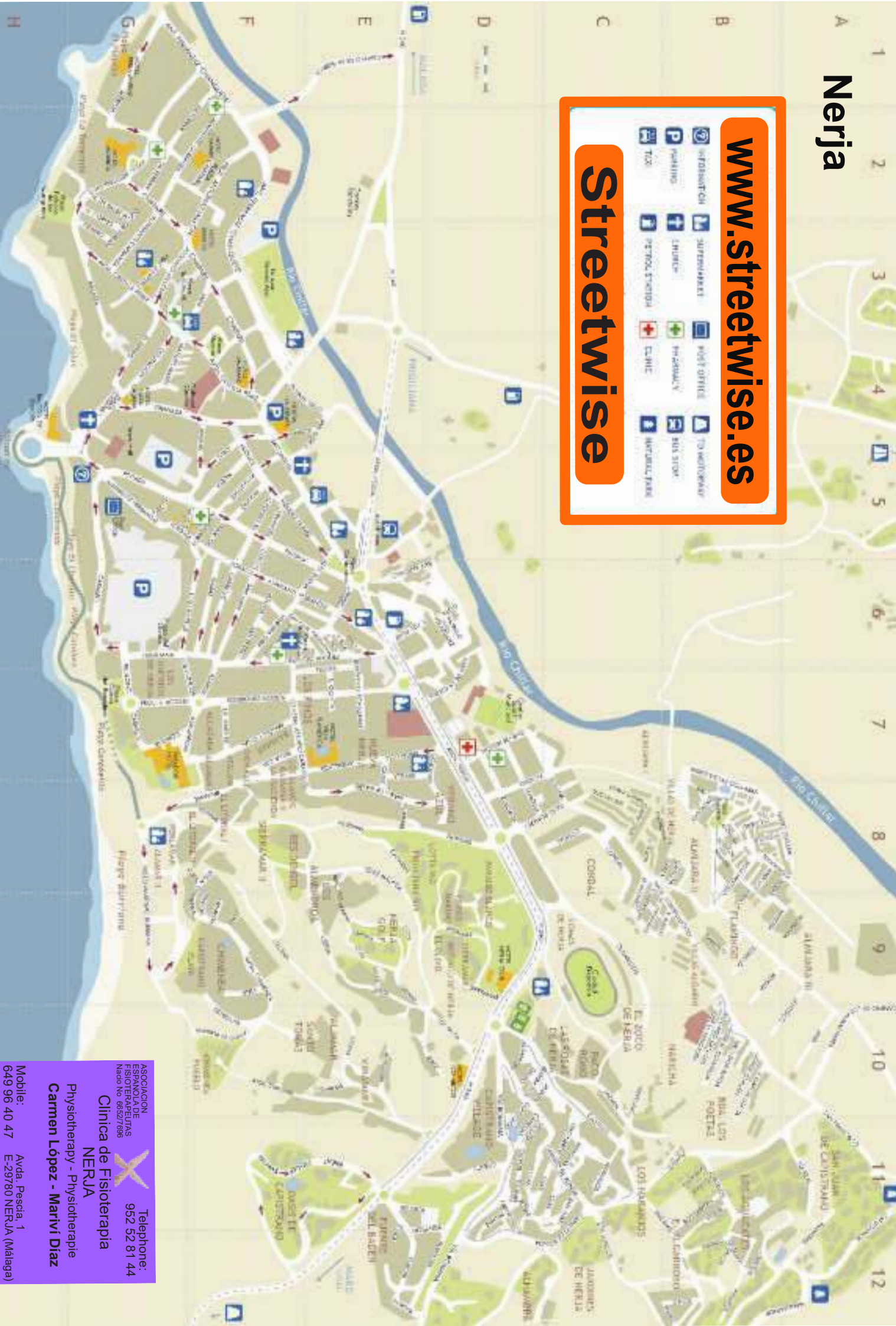


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CORAL CORAXALIA

TEMPORADA 2024-2025
(septiembre - junio)

BUSCAMOS NUEVAS VOCES, MASCULINAS Y FEMENINAS

Buen ambiente, distintas nacionalidades, excelente repertorio
Conciertos, comidas, posibilidad de viajar, etc.)

Jueves de 17:30 a 20:00 - Vélez-Málaga
Casa Hermandad de la Cofradía de Los Estudiantes
Plaza de los Sastres, 1 CP 29700 Vélez-Málaga

¡ VEN Y OYENOS !

LIKE SINGING? JOIN OUR HARMONIOUS COMMUNITY

We welcome new members, all voice parts
- male and female, all nationalities.
Great multi-cultural atmosphere, wide repertoire,
concerts and social events.

Thursdays, 17:30 - 20:00 - Vélez-Málaga
Casa Hermandad de la Cofradía de Los Estudiantes
Plaza de los Sastres, 1 CP 29700 Vélez-Málaga

COME AND JOIN US !

653.150.058 (ES) / 657.951.755 (UK)
coraxaliacoral@gmail.com

"NEW MEMBERS WELCOME ALL
YEAR ROUND."
CALL US!



Could you foster for us?
We are desperately in need of foster homes, to help us help more abandoned animals!!!



cudeca

FUNDACIÓN
CIUDADANOS DEL CÁNCER / CANCER CARE HOSPICE

Cudeca Nerja Support Group to help people who are living with the difficult situation of cancer or other life limiting illnesses, or those who care for them.

We meet on the 2nd Thursday of each month at 11.30 a.m.
In Hemmes Cafe, Plaza España, Nerja
(Top of the underground car park)

We can also assist by telephone
on 95 256 4910 or
email: cudeca@cudeca.org

If you have any information regarding charitable work, events or news, please don't hesitate to contact Streetwise magazine. We will publish your events or news for free. Please send all information to info@streetwise.es or call Dawn on 638 474 718. All information is required by the 15th monthly.

YOGA FUSION DANCE

Yoga Fusion Dance online every Wednesday from 7 p.m. to 8 p.m. on the ZOOM platform. Sissi, a former dancer at the Alcazar cabaret in Paris, has devoted herself to yoga for 30 years. Throughout her career, she meets real yogis who teach her and pass on their knowledge.

For more information contact Sissi on (0034) 699 037 998 or email:- isabelgilton@gmail.com



41 Club Nerja Chairman Brian Karet can be contacted via email: briankaret@sky.com
41 Club Nerja Press and Recruitment Officer Steve Ryan can be contacted via email: steve.ryansr56@gmail.com or tel: +44 754 640 2770
41 Club Website: www.41clubnerja.org
You can also find 41 Club Nerja on facebook.

Want to join a choir?
Coraxalia multi-national Choir (Director: Celia Varo Aragon) welcomes new singers. Coraxalia, based in Velez-Malaga rehearse on Thursdays, 17:30 - 20:00 in the Casa Hermandad de la Cofradía de los Estudiantes, Plaza de los Sastres, 1, CP 29700 Vélez-Málaga, near San Juan Church and the Language School. Parking nearby at the San Francisco market (1 euro). For more information please contact 657 951 755 (English) or 653 150 058 (Spanish) or email: coraxaliacoral@gmail.com

ROYAL BRITISH LEGION, NERJA BRANCH

Meets twice monthly for lunch - on the 3rd Thursday at the Al Andalus Hotel, Maro and on the 1st Friday at the Nuevo Arenas Restaurant, La Herradura. Everyone is welcome to join us. Booking is essential. Please contact Kimon on tel: +44 798 802 9001 or email: kim_bowe1@hotmail.com
For any information about the Branch contact Eddie, our Chairman on tel: +44 759 071 7384 or email: eddiebowe1@hotmail.com

POPAPECUNIA CHARITY SHOP
Avda. Rodriguez Acosta, Edif. Tucaman (opposite Cafe Trebol), Nerja.
Your unwanted things always needed! - Kitchenalia, crockery, vases, pictures, books, clothing, plastic bags, etc...
Anything you think will still be of use to other people.
Opening hours:-
Monday to Saturday 10 a.m. till 2.30 p.m.

BEAUTIFUL TORROX PARK



Apartment ref: PS-2024-080
Price: €179.000

A very nice 56 m² 2 bedroom, 1 bathroom corner apartment with built-in wardrobe, living-dining room, fully equipped open kitchen and a bathroom with window. From the south-west terrace you have a fantastic view of the mountains and the sea. We also have another glazed terrace where you can enjoy the days in the winter months. The property is sold fully furnished. In a very nice from the beach. Close to all the shops you need for your holidays or daily life.



Terraced house ref: PS-2024-078
Price.- €249.000

Bright terraced house 102 m² with a large living-dining room with a fireplace and direct access to the west-facing terrace, equipped kitchen, guest toilet in the basement. Upper floor: two bedrooms, one with built-in wardrobe and a west-facing terrace with wonderful views of the mountains and the sea, a large hallway also with a built-in wardrobe and another bedroom. The house is surrounded by relaxing green areas. Ideal as a holiday home or as an investment for rental.



Bright penthouse ref: PS-2024-102
Price: €225.000

Beautiful, light-filled penthouse 74 m² with 2 bedrooms with built-in wardrobes, completely renovated bathroom with shower, large living room with dining area and direct access to the beautiful south-west facing terrace with panoramic views of the Mediterranean Sea and the mountains. Communal pool. Beautiful gardens. Fiber optic internet. Very quiet and beautiful area with flowers and greenery. 300 m from grocery stores, restaurants, pubs, an outdoor gym, tennis courts and boules courts.



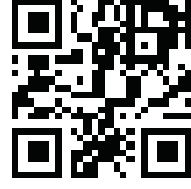
Semi-det. villa ref: PS-2024-017
Price: €360.000

Beautifully renovated terraced house 98m² with private parking for several cars. Located on a fenced plot of approx. 200m². Ground floor: large equipped kitchen, guest toilet, a large living room with fireplace, direct access to sunny south-facing terrace with a 5 person jacuzzi, beautiful dining area and a storage room. Upper floor: 3 bedrooms with various built-in wardrobes and a beautiful bathroom. Large pool, beautiful landscaped gardens and a tennis court. Few minutes from the sea and shops.

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ALCAUCÍN

REF: 7824

EXCLUSIVE: Traditional country house walking distance to Alcaucín and 25 min. to the coast; with 4 beds, 2 baths, a lounge with fire place, large kitchen, garage, private pool, garden and amazing mountain views.

Built: 120 m² Plot: 1.637 m² EPC: In progress

PRICE: €349.000



CÓMPETA

REF: 7729

EXCLUSIVE: Attractive country house only within 5 minutes drive from Cómpeeta with 2 beds, 2 baths, lounge with open plan kitchen & fireplace, conservatory, pool, splendid Sea mountain views.

Built: 119 m²

Plot: 1.933 m²

EPC: D

PRICE: €285.000



ALMAYATE

REF: 7620

Large semi-detached house walking distance from amenities and the beach with 5 beds, 2 baths, 2 lounges, 2 kitchens, wood burner stove, basement, garage, roof-terrace, patio, several terraces.

Built: 213 m²

EPC: E

PRICE: €315.000

We are hiring!

At Country Properties we are looking to expand our team in our Cómpeeta office.

- Requirements:**
- English spoken and written (other languages are welcome).
 - Driving license. - Knowledge of the area or nearby residence.
 - Experience in the real estate sector.

We offer: - Full time. - Immediate hiring.

Send your CV to: sales@countryproperties.net and be part of our team, we are waiting for you!

29754 Cómpeeta

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Calle Elisa Ortigosa, 7
Tel.: +34 952 53 91 25

29740 Torre del Mar

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